

HOW PHYSICAL THERAPY CAN HELP WITH ROTATOR CUFF INJURIES

Check out our [newly updated website](#) to learn more about how Elliott PT can provide you with exceptional care!

www.elliottphysicaltherapy.com



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HOW PHYSICAL THERAPY CAN HELP WITH ROTATOR CUFF INJURIES



Imagine waking up one morning, eager to start your day, but as you attempt to brush your teeth, the pain in your shoulder sends a searing wave of discomfort through your entire arm. Suddenly, the simplest tasks become challenging.

This scenario is all too familiar for individuals dealing with rotator cuff injuries, which can severely limit daily life functions. However, there is hope in the form of physical therapy—a proven and effective way to regain strength, mobility, and overall shoulder function.

At Elliott Physical Therapy, our physical therapists are highly trained and understand how important resolving your shoulder pain is. We'll get to the root of your problem and provide clear guidance to help you recover sooner rather than later!

Contact our skilled team of physical therapists today and get started on your road to recovery!

The Impact of a Shoulder Injury

Rotator cuff injuries can disrupt your life in many ways, affecting your physical abilities and overall well-being. Some common limitations and challenges individuals face due to shoulder pain include:

- **Painful Movements:** Simple actions like reaching for an item on a high shelf, combing your hair, or even tucking in your shirt can become excruciatingly painful.
- **Sleep Disturbances:** Many people with shoulder injuries struggle to find a comfortable position, leading to disrupted sleep patterns and fatigue.
- **Limited Range of Motion:** Reduced shoulder mobility can hinder your ability to perform essential tasks, such as putting on a seatbelt or reaching behind your back.
- **Loss of Strength:** Weakness in the affected arm can make lifting even lightweight objects a daunting challenge.

For those grappling with these challenges, seeking help from Elliott Physical Therapy can be a game-changer!

The Role of Elliott Physical Therapy in Your Recovery



When you consult a physical therapist for a rotator cuff injury, the initial evaluation is a critical step in the recovery process. Here's what you can expect:

Your physical therapist will start by discussing your medical history, including the onset and nature of your shoulder pain, any previous injuries, and your overall health.

A thorough physical examination follows, focusing on the affected shoulder. This includes assessing your range of motion, strength, and any signs of inflammation or instability. To understand how your injury impacts your daily life, your therapist will assess your ability to perform essential tasks like reaching, lifting, and dressing.

Based on the evaluation findings, your physical therapist will provide a diagnosis and work with you to establish clear goals for your rehabilitation.

Next, your therapist will design a program tailored to your unique needs, including:

- **Manual Therapy:** Physical therapists often use manual therapy techniques, including joint mobilizations and soft tissue mobilizations, to alleviate pain and improve shoulder mobility. These techniques have been shown to reduce pain and enhance range of motion in individuals with rotator cuff injuries.
- **Therapeutic Exercises:** A customized exercise program is a cornerstone of rotator cuff rehabilitation. Therapists prescribe exercises that target specific muscle groups, gradually improving strength and function.
- **Home Exercise Programs:** Physical therapists provide patients with home exercise programs to promote continuity of care. Consistent adherence to these programs can improve rotator cuff rehabilitation outcomes.
- **Patient Education:** Understanding the injury and learning how to prevent future problems is crucial. Our physical therapists educate patients about proper shoulder mechanics, posture, and ergonomics to reduce re-injury risk.

As you continue to progress in your recovery, functional training becomes vital. Tasks like lifting, reaching, and carrying are integrated into the rehabilitation program to ensure you regain your ability to perform daily activities without pain or limitation.

Taking the First Step Towards Recovery

If you're dealing with the challenges of a rotator cuff injury, don't let it limit your life any longer. Seek the expertise of one of our highly skilled physical therapists who can provide a personalized treatment plan based on your unique needs and goals.

Your path to regaining strength, mobility, and a pain-free shoulder begins with a simple but crucial step: reaching out to us today!

Don't wait – start your journey towards recovery today!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8082254/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4827371/>

BURN BARREL CHICKEN

*Fire Up
The Grill!*

- 3 Tbs. extra-virgin olive oil
- 2 Tbs. brown sugar
- 1 Tbs. minced garlic
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- Kosher salt and freshly ground pepper
- 4 bone-in, skin-on chicken thighs
- Chopped fresh flat-leaf parsley for garnish



In a medium bowl, whisk together the olive oil, brown sugar, garlic, thyme and rosemary until blended. Generously season the mixture with salt and pepper and whisk to combine. Reserve 1/4 cup (2 fl. oz./60 ml) of the marinade. Add the chicken thighs to the bowl with the remaining marinade and toss to coat. Refrigerate the chicken to marinate for at least 20 minutes and up to overnight.

Preheat a grill to medium-high.

Place the chicken on the grill and cook, basting with the reserved marinade, until cooked through and the juices run clear, about 6 minutes per side.

Garnish with parsley before serving. Serves 4.

Adapted from Horn Barbecue by Matt Horn (Harvard Common Press, 2022)

EXCITING UPGRADE:

NEW PHONE SYSTEM



We have recently switched over to a brand new phone system that provides added benefits to our patients and team members!

New and exciting features:

- Now when you call, you will not hear ringing, but a message that will tell you where you are in the call queue (if there is one).
- If you call when the office is closed, or when our team members are unavailable you will now receive a text that says we will get back to you as soon as we can. You will have the option to text us back with whatever information you need to convey.
- Two-way texting will also be available, so you may soon start to receive messages via text from the front desk regarding any of the below topics:
 - **Scheduling**
 - **Insurance details**
 - **Payments**

You can respond to these messages and we will receive them! If you want to initiate a text to us, all you have to do is text our clinic phone number.

IMPORTANT NOTE:

Currently, we are still not able to receive replies to the automated reminder texts that you receive 2 days before your appointment, and for appointment confirmations (the reminder you receive right when you book a new appointment).

Please do not reply back to these messages. If you reply, these responses will not be sent anywhere. We do hope to be able to change these settings soon, but it is not something that we currently have the ability to adjust.

If you realize you have a conflict with an appointment after receiving the reminder, please text us back at our clinic phone number - we will receive and respond to that message.

We have heard your request for more texting options, and we are very happy that we can now provide this quick and convenient service! We hope you enjoy it as much as we do.

If you have any questions, please do not hesitate to ask any of our team members!

STAFF SPOTLIGHT



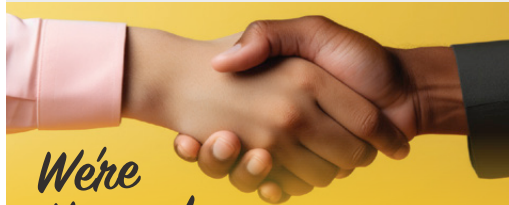
Brandon Anderson, PT, DPT

Brandon Anderson, PT, DPT attended UMass Lowell where he earned a Bachelor of Science in Exercise Physiology and Doctor of Physical Therapy (DPT) degree.

In his time at UMass Lowell, Brandon was a member of the men's club ice hockey team for 5 years while gaining experience as a strength and conditioning coach for youth athletes.

Brandon has clinical experiences in the outpatient setting, working with an array of diagnoses across the lifespan, including patients presenting with musculoskeletal, neurological, cardiopulmonary, and developmental pathologies. Throughout his clinical experience, Brandon has developed special interests in a variety of manual therapy and strengthening techniques to help his patients achieve their goals and return to the level of function they desire.

Brandon grew up locally in Berkley, MA and enjoys spending his free time playing hockey, golfing, going kayaking, hiking, and cooking.



We're Hiring!

Are you ready to heat up your career with us this summer?

Now hiring physical therapists & physical therapist assistants in Dorchester, Easton, Hanover, Hingham, Milton and North Attleboro.

Dorchester

960 Morrissey Blvd
Dorchester, MA 02122
617-506-7210

Easton

566 Washington Street, Unit 1
South Easton, MA 02375
508-559-5108

Hanover

2053 Washington Street
(At Merchant's Row)
Hanover, MA 02339
781-347-3107

Hingham

225 Lincoln Street
(At Anchor Plaza)
N. Hingham, MA 02043
781-875-1913

Mansfield

300 North Main Street, Suite 101
(At Station Square)
Mansfield, MA 02048
508-639-5550

Milton

475 Adams Street
Milton, MA 02186
617-696-8141

North Attleboro

500 East Washington Street
North Attleboro, MA 02760
508-316-0559

Needham

392 Chestnut Street
Needham, MA 02492
781-675-2526

South Boston COMING SOON!